

Happy New Year

GRAPESVINETM VISITACION VALLEY

NUMBER 114

SERVING OUR COMMUNITY

JANUARY 1996

A Corporate Santa for the Valley All Year Long



Santa (Mike Holwey of UASF) with his elves Sharon and Deanna, and all his little helpers making a stop for toys at Visitation Valley Elementary School.



Second graders from Me Sperring's class perform in "A Season for Shering," the Winter Festival assembly at "Little Vis."

By Vincent Chao, VVES Principal
For the last two years, Nationwide Papers has played Santa Claus to the 430 children of Visitation Valley Elementary School at Christmas time by donating toys to all the boys and girls and delivering them to the school - to everyone's delight!

Located at 345 Schwerin St. across from Geneva Towers, Nationwide Papers has adopted Little Vis since 1990 in a program coordinated by company managers Joanne Kujawa and Rene McClain

which sponsors ethnic dance classes at the school, and a barbecue picnic and baseball game at Candlestick Park during the spring organized by the San Francisco School Volunteers, Inc.

Coincidentally, Mr. McClain, a native of Visitation Valley, attended Little Vis and is now raising his family in the neighborhood. Ms. Kujawa is a former school teacher.

Nationwide Papers' community involvement goes beyond the elementary school. It has participated generously in an annual Thanksgiving

food drive, adding turkeys to food baskets for needy families in the school community. The company was also instrumental in bringing key players together in formation of the Village, a new neighborhood social service center for children, youth and their families housed right above the paper company.

In short, Nationwide Papers has been a year-round Santa Claus for Vis Valley, deserving commendations for dedication to public education and to the community.

completely silenced. At least two or three of the most articulate advocates of the Republican Party ideals have thrown their support to Mr. Brown. One of the most prominent Republicans to side with the Democratic Party was Dennis Normandy, a local businessman.

Willie Brown comes into office not only with a clout, but also with myriads of promises. He promises to streamline the San Francisco Municipal Railway (Muni). He promises to improve the police department. He promises to inject an invigorating business climate with no specifics on how the mayor's office can do it.

Brown, in essence, banks on his

"success" as corporation lawyer, assembly speaker and member. He has expressed the contention that he could use his connections to Sacramento and Washington, D.C. as the conduit in running the city government of San Francisco.

These latest political and city government affairs have already affected the thinking and mood of residents in Visitation Valley. The apparent dominant feeling in the neighborhood having given a big margin to Willie Brown is that the former assembly speaker "will make things happen" for Visitation Valley.

Foremost in the minds of Visitation

Village Celebrates Grand Opening

Greetings in five languages welcomed visitors on December 2 to a grand opening ceremony of the Village, a new association of several vital Visitation Valley services located in offices of Nationwide Papers at 345 Schwerin St.

Following a stirring poem titled *The Rebirth of Geneva Towers* written and delivered by Lela Jones, an assistant director of Camp Fire Boys and Girls City Kids Program, a ribbon cutting ceremony opened the facility to the public for the first time at precisely 12 noon. Visitors followed Village Board President Vernon Long as they entered what will become an important part of the Valley's revitalization.

Programs already located in the Village include: Camp Fire Boys and Girls City Kids; Department of Public Health's Visitation Valley Valley Neighborhood Health Team; Geneva Towers Resident's Council; Head Start; Community Boards; San Fran-

cisco State University's Urban Institute; Girl's After School Academy; Visitation Valley Family Support Center and the Village Recreation Program.

Anthony Lincoln, Director of the Mayor's Office of Children, Youth and Their Families read the Memorandum of Understanding between the City, Department of Housing and HUD, a vital document in helping keep the important local services alive.

Dancers from Visitation Valley Middle School Dance Team entertained celebrants with the moving performance *Viz as It Is*.

A festive holiday song, performed by students from Visitation Valley Elementary School, was sung in English, Chinese and Spanish.

Those in attendance took a moment to remember the late Daryl Hawkins, a popular local social worker instrumental in the lives of many Valley residents, as the facility was dedicated in his memory.

Task Force Limits Funding Priorities

Several members of the Visitation Valley Task Force (VUTF) recently presented their final list of five neighborhood priorities to the City with a grant award range of \$7,500 to \$75,000 for each.

Priorities include: establishment of after school programs; creating more child care slots; creating job training, readiness and placement programs; stimulating economic development, including reestablishment of the Visitation Valley merchants' Association; and continuing and expanding ESL classes. VUTF members agreed the end product of all the proposals

should benefit the diversity of the community.

VUTF member Vincent Chao also noted that Visitation Valley was the only community making a presentation that had all their proposals and criteria determined.

BEACON CENTER

According to Lisa Wichser of Visitation Valley Middle School (VVMs), more than 100 responses have already been received from distributed surveys asking local residents what they would like to see in a neighborhood Beacon Center. Questions in the survey ask

See Page 3

Remember to Recycle Your Christmas Tree

do your part to reduce holiday waste by Recycling your Christmas tree. This year, TreeCycling Day is on Recycling Day. Just put your tree on the curb next to your blue recycling bin on your first recycling day after January 1 by 6 a.m. If you are an apartment resident or business, put your tree at the curb on your street's first recycling day after New Year's.

Please remember to remove all bases, ornaments and tinsel. Do not put your tree in a plastic bag. If you can't recycle at the curb or would like to recycle before or after your designated TreeCycling day, take your tree to one of the designated tree recycling locations. Call the S.F. Recycling Hotline at 654-6193 for locations and schedules.

Program Helps Schools with the Environment

YMCA Earth Service Corp., an Americorp sponsored program which places well-trained college graduates to work for the environment. Four regional volunteers stationed in the Bay Area are now visiting 14 local middle and high schools weekly to implement and facilitate environmental service clubs.

This year's projects have involved organizing school recycling programs in Marin County, invasive plant re-

moval in Muir Woods, working on memorial aids in Golden Gate Park and instituting smoking prevention programs in various middle schools.

Future events will involve a teen leadership retreat, a holiday toy and clothing drive for the homeless, beach clean-ups, graffiti removal and a second annual clean-up of McLaren Park.

For more information, call 666-9604, or 492-9622 in Marin County.

Delinquent Taxpayers Get Extra Chance

Nearly a half million California taxpayers who opted to play hide-and-seek with their 1994 state income tax returns have been put on notice by the Franchise Tax Board (FTB) to file now or pay an additional 25 percent of their taxes as a penalty along with a \$114 enforcement fee and collection action.

Actually the notice is a friendly one, giving taxpayers who did not file last year a chance to "come clean" before the FTB issues tax assessments with penalties of up to 50 percent of an estimated tax liability plus enforcement

fee. Those receiving an FTB letter have 30 days to file their 1994 return or show why a return is not due.

According to the FTB, individuals with a total income of \$10,000 or more (\$20,000 for a married couple) must file a tax return each year. Last year, Californians filed more than 13 million returns, with nearly two-thirds receiving a refund.

As part of the state's effort to promote compliance, the FTB annually sorts through more than 200 million records from employers, banks, the Internal Revenue Service and other sources to identify possible nonfilers.

Free ETP Job Training Available For Recently Unemployed Adults

California residents who receive unemployment insurance benefits currently or within the last two years are eligible for free Employment Training Panel (ETP) job training to learn cabinet making, carpentry and computer skills for manufacturing, leading to possible jobs in the building trades. They may also be eligible for benefit extensions.

Two sites owned and operated by nonprofit organization Asian Neighborhood Design (AND) offer hands-on training to multi-cultural communities in the Bay Area using equipment such as computer numeric control (CNC) machinery common in shops today. Participants are also exposed to computer-assisted drafting and design (CADD).

Training facilities are at 1232 Connecticut St. on Potrero Hill and at 1890 Campbell St. in West Oakland.

Applicants automatically qualify if they can show they receive California Unemployment Insurance currently or within 24 months prior to training. Trainees must be able to communicate in basic English and be available full time for at least 12 weeks.

To make training available, four Bay Area community organizations have formed an employment training partnership. Those interested can apply at the following:

*Asian Neighborhood Design Employment Training Center, 1232 Connecticut St., San Francisco, CA 94107, (415) 848-7070.

*Filipinos for Affirmative Action, 310 8th St., Suite 308, Oakland, CA 94607, (510) 465-9876; or in Union City (510) 487-8552.

*Jubilee West, 1485 8th St., Oakland, CA 94607, (510) 839-6776.

*Spanish Speaking Citizens' Foundation, 1900 Fruitvale Ave., Suite 1B, Oakland, CA 94601, (610) 261-7839.

Incorporated in 1973, AND provides housing and employment opportunities primarily to low-income individuals from diverse communities, offering services through the following programs: Housing and Community Development; Architecture and Planning; Family and Youth Resources; Employment Training; and Business Development. AND also operates a nonprofit business called Specialty Mill Products which manufactures furniture and cabinets.

Valley Looks to Future of New City Hall Administration

By Gerry L. Galvan

Reelectionist Mayor Frank Jordan steps out of office on January 8, 1996 leaving behind him a very minimal vestige of the Republican conservatism and limited government concept.

Jordan yields the primary city government job to a professional politician in the person of Willie Brown, Jr. Observers who had closely watched the goings-on in the city during all these years were hopeful that both Jordan and Bill Fazio, the aspirant to the City district attorney's office, would emerge victorious in the runoff election on December 12.

As it now stands, the Republican conservatism voice is muffled, if not

See Page 2

We Must Make Our Streets Safe

A disturbing series of incidents was described to us the other week by one of our neighbors.

While driving up Raymond Ave. one evening, she spotted a group of five youths running from the Visitacion Valley Community Center followed by an irate man swinging *The Club*. A second man stood watching in a daze, a random victim of an unprovoked mugging.

Following the youths in her vehicle while attempting to summon police on a cellular phone, the neighbor witnessed the group attack and rob another man before boarding a 9B Express bus at Visitacion Ave. and riding it a few blocks to Sunnyside Ave. and Hahn St. They all then all got off and scattered in the direction of Coffman Pool. It was later learned the youths attempted to rob yet another man on that bus while riding to their destination.

All the incidents took place in a matter of 15 minutes. One victim related it had been his third attack. While three police vehicles did arrive in minutes, the perpetrators - deemed to be habitually prowling the neighborhood - had vanished into the night.

In another incident just a few days before Christmas, occupants of a vehicle speeding up the first block of Raymond Ave. one early morning fired bullets into another car's windshield, a window of the VVCC Senior Center, and an adjoining residence, where a hole was blasted into a bedroom door, narrowly missing a sleeping child.

Just days later, an elderly woman strolling near the intersection of San Bruno Ave. and Bayshore Blvd. was accosted and robbed of a sizeable amount of money, earnings she had just received.

While these crimes are but a few of many offenses that residents of Visitacion Valley constantly fear on a daily basis, we as neighbors know they represent a frustrating local sociological aberration unwanted in our society.

But most important to consider is that the overwhelming majority of us don't go around accosting one another. We're decent members of this community being harassed by a relatively few deviant individuals. And it shouldn't be happening!

Residents of Visitacion Valley - with our district split right down the middle between the outer reaches of two police precincts - can sit around and argue the benefits of being in just one patrolling area, or how additional officers on the police force would eventually mean a few more rounds on the streets, but the only way things are really going to get better is if we, as responsible neighbors, eliminate incentive for criminal activity to occur.

As you are reading this, steps have already been initiated with the establishment of a special subcommittee of the Visitacion Valley Task Force dealing specifically with crime prevention, and a new neighborhood watch program initiated by the El Dorado Neighborhood Betterment Council.

As a member of this community, you can contribute to a safer neighborhood simply by being constantly aware of your immediate surroundings. Always pay attention to who is at your sides and behind you as you walk down a street. If you must carry cash or valuables, find a way to conceal them or at least make them inconspicuous. Get to know your immediate neighbors, if you don't already, and note any unusual activity occurring around your residences. This isn't being nosy. It's being safe!

Working together, we can change a dismal situation that only seems to be getting worse, once again feeling like we belong to a Valley of the Good Neighbor.

THE GRAPEVINE MAILBOX



Future of the Valley; Enterprise Community And Funding Requests

Dear Editor:

A new year is starting and the Valley must make plans for the future. Visitacion Valley, which includes Little Hollywood, must be ready for the future. Fifty million dollars has been designated to the Valley for development and construction.

It is time for a reality check. An alert must be sent to the communities to see if they are ready to maximize the beneficial aspects of this development and to protect themselves from any adverse effects.

Redevelopment and revitalization have both positive results and negative results. Trying to foresee and forestall all the possible dangers is impossible. The larger the group of people that discuss and investigate a subject, the greater the chances of detecting the faults and the more applicable solutions may be found.

New buildings will replace older buildings. Businesses and families will be displaced; often they will not return. Only environmentally safe and clean industries should be allowed to be sited and built; this is not always the case. The community is often told that it is their neighborhood and that the residents will decide the future of the area, within the funding agencies' guidelines.

Decisions could be made by the controlling agencies and then community representatives will be persuaded to convince the community that this is what the community wanted and needed. Caution has to be the word of the day. Example: A commercial area could be completely rebuilt with low interest loans and two years later a mega-mall could be built a half-mile away.

In the very near future, a citizen advisory committee for Visitacion Valley will have to be formed. This commit-

tee should have a 21-member board of directors and obtain a non-profit 501(c)(4) incorporation status. The selection of members of the board of directors is the most important process to ensure that the community residents and businesses are represented. The majority of the board members must be residents of the community so that they know how the community is 24 hours a day, seven days a week and 52 weeks a year.

This will be a very tough job, without pay and a lot of criticism. Conscience and good intentions should be the driving force of commitment.

VISITACION VALLEY AS ONE OF THE ENTERPRISE COMMUNITIES

There is a block grant as part of the Enterprise Community program. It is a one-time only program that will provide funds for grants in Visitacion Valley over a two year period. The grants will have two funding cycles. There will be approximately \$350,000 for each funding cycle. One funding cycle is February of 1996 and the other is the fall of 1996. The funds are from the federal government and are routed through the Mayor's Office.

The public is invited to submit proposals for grants from these funds. Requests for proposals (RFPs) for the Enterprise Community program should be available Friday, December 29, 1995.

A proposal workshop will be held from 1 to 5 p.m. on January 18, 1996 at 201 Turk St.

A second proposal workshop will be held from 9 a.m. to 12 noon on January 29, 1996 at 201 Turk St.

The Request for Proposals will not be mailed. The closest location to pick up an RFP is the Visitacion Valley Community Center, 60 Raymond Ave. 8 a.m. to 5 p.m. or an RFP can be picked up at the first proposal workshop.

Other locations RFPs are available include: The Mayor's Office of Community Development, 25 Van Ness Ave., Suite 700 from 8 a.m. to 5 p.m.; South of Market Problem Solving Council, 965 Mission St., Suite 750 from 9 a.m. to 5 p.m.; Centro del Pueblo, 474 Valencia St., Suite 280 from 9 a.m. to 5 p.m.; and South Bayshore Community Development Corporation, 1800 Oakdale Ave. from 8 a.m. to 5 p.m.

For the proposals to be accepted for review for Visitacion Valley, they will be limited to one or more of the five priorities: Job Training; Child Care; Merchant Association; English as a Second Language (ESL) Classes; and After-School Programs for Kindergarten through Ninth Grade.

The proposals should be submitted to the Mayor's Office of Community Development, 25 Van Ness Ave., Suite 700, San Francisco, CA 94102. Deadline for submission of the proposal is 5 p.m., February 5, 1996.

For more information, call and leave a message at (415) 252-3115.

Thank you for your time, Ralph Oroquiza

An Opinion: Is the White House Giving Its Callers The Run-Around?

By Gerry L. Galvan

I was listening to the radio church ministry of Dr. James Dobson the other day and confirmed what I have long suspected. It's true. The White House, as well as the offices of the vice president and other administration high-ranking officials have completely shut off the public electronically. Dr. Dobson played in his broadcast a recording of his two or three attempts to reach Messrs. Clinton, Gore and Staphanous on his (Dobson's) appeal to Clinton not to veto a Republican Congress-sponsored anti-abortion bill currently on Clinton's desk.

Evangelist Dobson got treatment

similar to that which I suffered during the month when I tried to voice my criticisms of Mr. Clinton's decision to send our boys to Bosnia. Dobson had dialed the house numbers - (202) 456-2930, the main White House number; (202) 456-2326, the Vice President's and (202) 456-6285 - receiving an irritating electronically received and processed response which brought the Dobson calls nowhere but to carefully crafted directions and advice, designed to shake off the caller.

I tried my own luck this time around after reading the *San Francisco Chronicle's* story: *Budget Talks Stall Over Bosnia Deal* on December 15. Indeed the public has been shamelessly shut off completely from Bill Clinton, Albert Gore and their high profile assistants. It's a blatant display of arrogance and disregard for the people to whom Clinton and company are supposed to be answerable.

Such White House posture is sickening, to say the least.

Consumers Can Shop Smart, Save Resources and Reduce Waste

By David Assmann

S.F. Recycling Program

Did you know that buying raisins in a 1.5 pound plastic bag creates 97 percent less waste and is 47 percent less expensive than buying 14 mini-snack boxes in a bag? Or that buying milk in a one gallon returnable bottle creates 99 percent less waste than purchasing two half gallon cardboard cartons? Or that steel cans contain an average of 25 percent recycled content?

This is the type of information being brought to you by the Shop Smart campaign, coming to your local supermarket this month. The San Francisco Recycling Program is working with 95 other cities and counties in the Bay Area, local supermarkets and state agencies on this campaign, which has been designed to promote waste prevention and the purchase of recycled products. The six themes for the campaign are:

- *Closing the recycling loop by buying products in recycled packaging (such as steel, aluminum and glass) and looking for "Made with Recycled Content" on products and packaging.
- *Bring your own bag when you go shopping.
- *Choosing concentrates and buying in bulk.
- *Choosing reusable products.
- *Choosing items with minimal packaging.
- *Composting fruit, vegetable and plant trimmings.

The focus of the campaign is to show shoppers that purchasing decisions can help reduce waste and support local recycling programs by providing a market for goods made from recycled materials.

Fortunately, it's not that difficult to reduce waste. Careful purchasing decisions can make a difference. And it's important to do so. Approximately one third of our household waste comes from the packaging of products and ten cents out of every shopping dollar spent pays for packaging. Here are seven tips for reducing waste - and saving resources - when you go shopping:

- *Pick products without packaging, or with the least wasteful packaging. Avoid single serve products and any products that are over-wrapped.
- *Choose recycled products. Fewer natural resources and less energy are needed to make recycled products.

- *Look for products you can reuse instead of disposables. For example:

- Use a sponge instead of throwaway wipes.
- Buy rechargeable batteries.
- But cloth napkins you can wash instead of paper you throw away.
- Buy washable plates and cups for picnics instead of disposable ones.
- Buy razors with replaceable blades.
- Seek out reusable or refillable containers.
- Use plastic containers with lids instead of aluminum foil, plastic bags, or plastic wrap.
- *Bring your own reusable bag when you go shopping. The choice doesn't need to be between paper and plastic.
- If you buy just one or two items, try going without a bag. The store pays for its bags, which means, so do you. And, in the end, so does the environment.
- *When it makes sense, buy in bulk. Buy concentrates such as drink mixes, cleaners and detergents. There's far less packaging and they're often much cheaper.
- *If you see a product that's over-packaged or not made from recycled materials, tell the store manager or write the manufacturer. It does make a difference.
- *If you have a compost bin, compost your fruit, vegetable and plant trimmings. If you don't have a bin, call the San Francisco League of Urban Gardeners at 285-7584 to find out

about free composting workshops, reduced price compost bins and free literature on composting. If you're already composting and would like to educate other members of the community about composting, you can become a community composter by taking a series of evening classes offered between February and May 1996. In addition to classes, workshops and field trips, community composters are given a free compost bin at the end of the training period. For more information call 285-7584.

For more information on buying recycled products, waste prevention and composting, look for the free educational booklets, as well as informational signs and an educational display unit in participating supermarkets (including all Safeway and Real Food stores in San Francisco) between January 7th and 31st. You can also enter a drawing for grocery certificates as part of this campaign. The prizes include a \$500 grocery gift certificate as a grand prize, along with \$100 grocery gift certificates.

Support and funding for the Shop Smart campaign has come from the California Integrated Waste Management Board, the California Department of Conservation, Pacific Bell, Safeway Stores and the Steel Recycling Institute. For more information on the Shop Smart campaign, call the San Francisco Recycling Program hotline at 554-6193.

Valley Looks to Future Of New Administration

From Page 1

Valley optimists on Willie Brown's positive attention to the neighborhood are: 1) Geneva Towers; 2) Deployment of police officers therein; 3) Upgrading of Muni service in the area; 4) Service to the elderly and the handicapped; 5) Continuation and support for the Enterprise Community and the Jordan administration- created Visitacion Valley Task Force; 6) etc.; and 7) etc.

"The Visitacion Valley Task Force is one of the happiest things that ever happened to us here in the neighborhood," school principal Vincent Chao, a Brown admirer, once told your reporter.

Open Letter to Citizens of San Francisco

By Mayor Frank Jordan

As I write to you for the last time as Mayor of the City and County of San Francisco, I do so with knowledge that one individual voice can make a difference when joined in harmony with thousands of others.

Four years ago I was elected as a common-sense mayor, a citizen mayor with a mandate to tackle the difficult problems facing San Francisco residents. I said that every resident had the right to expect the City to be safe, clean and economically viable. With your support and with the dedicated efforts of my staff we were able to accomplish much of what we set out to do back in 1991. The streets of San Francisco are safer and cleaner, the economy of San Francisco is stronger, the Giants are still here, and we are the number one city in the country for business and tourism. Certainly, we have left the City of San Francisco in better shape than it was four years

ago. Indeed, the organization has helped crystallize important issues - not only in the neighborhood, but also in the whole city. Credit should go to leadership in the group and in the liaison provided by those with the mayor's office. Acting Chairperson Joel Tate has done an excellent job on the part of the task force. Gwen Henry and Deedra Jackson of the mayor's liaison office provided not only resource materials and information, but also moral support.

In a letter to task force members the other week, Ms. Jackson gave notice that Visitacion Valley will be sworn "anew" by the mayor come January 1996. Her letter was sent and delivered a few days before the runoff election.

ago.

The moderate path that we embarked upon four years ago enabled us to find the middle ground necessary to attain compromise, fiscally sound government and most importantly, to move the city forward into the new millennium. We dared to make San Francisco great again and in many ways we did.

In all my years of public service, I have been first and foremost someone who wanted what's best for the City of San Francisco and its residents. That is why I am doing everything I can to ensure a dignified and smooth transition from my administration to the next.

I have offered a sincere hand to my successor, Willie Brown. I want him and all San Franciscans to know that I wholeheartedly offer my full cooperation assistance in moving San Francisco forward.

I also want you to know that the skills and knowledge which I have been able to gain in 37 years of public service will still and always be put to use for the benefit of San Francisco.

I love San Francisco, and no one will ever know the pride I felt, having the privilege and honor to serve you as the Mayor of my hometown. Thank you for giving me the opportunity to serve you as Mayor of the greatest city in the world.

Best wishes to all for a happy, healthy and prosperous new year.

Sincerely,
Frank M. Jordan

GRAPEVINE

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Preventing Infant Food Allergies

Although food allergies affect only a small number of children, finding a way to prevent them or at least delay their onset is an important goal for parents and researchers alike.

According to a recent study in the *Journal of Allergy and Clinical Immunology*, high-risk infants who did not consume cow's milk, eggs and peanuts during infancy and whose mothers also avoided those foods during the perinatal period had a reduced incidence of food allergy and eczema in the first two years of life.

However, such maternal and infant food avoidance had no significant impact on the development of allergic disease in the long run.

"The most common food allergies - to milk and eggs - tend to disappear by age three to five," said Robert S. Zeiger, M.D., Ph.D., chief of allergy at the Kaiser Permanente Medical Center in San Diego.

"However, allergies to peanuts and fish continue to be present up through at least age seven, according to our

study. Other studies have found these allergies may be life-long."

Zeiger's investigation is the longest, prospective, randomized, controlled study of food allergen avoidance that has been conducted worldwide. He followed 165 children from birth to age seven who were at high-risk of developing allergies because of their parents' allergic conditions.

Children have a 40 to 70 percent chance of developing allergies if both parents have allergies, depending on whether the parents share the same allergy. The risk drops to about 20 to 30 percent with one allergic parent and to 10 percent if the parents have no allergies.

While genetic inheritance sets the stage for the development of allergies, environmental exposures must come

Event Raises Funding For Arthritis Research

A *Jingle Bell Run and Walk* for arthritis held December 2 in San Mateo and Oakland, and December 9 in Novato raised more than \$30,000 to help fund arthritis research and a variety of services designed to make life with arthritis easier.

in high-risk children and to take aggressive secondary prevention measures, if necessary," advised Zieger.

Signs of food allergy in infants include eczema, hives, wheezing, or vomiting from formula. Fortunately, early detection of a food allergy can help reduce its severity.

"Since children with food allergies are several times more likely to develop a respiratory allergy as they get older, the earlier we can identify food and other allergic conditions, the earlier we can step in to prevent allergic disorders like asthma and allergic rhinitis," said Zieger.

Into play before allergic disease is expressed.

"Avoiding the early introduction of potentially allergenic foods is the basic step in the primary prevention of food allergies in children who are at high risk," said Zeiger. But some infants may still become sensitized or allergic to a food.

"Thus, it may be important to clinically test for certain allergic antibodies

Artists Sought for Embarcadero Project

S.F. Art Commission is seeking two artists or artist teams to work on the design of the Mid-Embarcadero Open Space Project. Artists will work with a team of architects, urban designers and landscape architects to develop a comprehensive design for the extended open space area across from the Ferry Building on the west side of the roadway. This area will include the existing Justin Herman Plaza.

To be constructed concurrent with the Open Space Project, the roadway project includes the creation of a new Embarcadero Roadway, the extension of the historic F-streetcar line to Fisherman's Wharf and the extension of a new light rail line to the Southern Waterfront, as well as an expansive pedestrian promenade a minimum of 25 feet wide adjacent to the Bay.

VSITACION VALLEY GRAPEVINE - JANUARY 1996 - 3

A BEACON CENTER IN VISITACION VALLEY

1. We need your input to design a new Beacon Center at Visitation Valley Middle School. We want to have all kinds of services and events here, so we want you involved.

2. What services and activities does Visitation Valley need that it doesn't have now?

3. What three things would the children and teens of Visitation Valley like most in a community center like the Beacon Center?

 sports and dance; culture clubs; student-run store; computer classes; art workshops; tutoring; job training; SAT test prep.; fun academics; English classes; counseling; snacks; health services; cooking classes; special events, dances

4. Others (please give an example)

5. What three things would the adults of Visitation Valley like most in a community center like the Beacon Center?

 English classes; support groups; political action group; health services; gardening; job referrals; young child care; gym use/sports; computer classes; job training; GED classes; family activities; events, socials, bingo; art workshops; counseling; Others (please give an example)

6. Other ideas, suggestions, concerns (continue on back)

7. Would you like to be part of the planning meetings and get more information on the Beacon Center as it develops?

 No, thank you.

 Yes, I am interested, but I can't offer much of my time.

 Yes, I want to be very involved. The best time for me to meet is _____ a.m. _____ p.m.

name (please print): _____

address: _____

phone: _____

best time to call: _____

Thank you! Please return this form to Lisa Wichear, Visitation Valley Middle School, 489-4690.

Survey above was circulated in the community by Visitation Valley Middle School to obtain information in planning a Beacon Center.

Task Force Meeting

From Page 1

for selection of three features each in youth and adult areas.

SAFETY SUBCOMMITTEE

A newly formed subcommittee of VVTF members is scheduled to meet at VVMS January 6 at 10:30 a.m. to discuss ways to improve safety conditions in Visitation Valley.

YOUTH BASEBALL

With the acquisition of donated equipment, Vernon Long of the newly-

opened Village announced plans to create a local youth baseball league of at least six teams to play in rarely-used neighborhood parks. He cited insurance as a major obstacle yet to be negotiated, but was confident such a league could be organized and playing by next summer.

"I believe wholeheartedly that through the kids we can bring the adults together," said Long.

Next VVTF meeting is scheduled for Saturday, January 27, 10:30 a.m. at St. James Presbyterian Church, 240 Leland Ave.

GGNRA Events

Call for reservations and information.

FORT FUNSTON

*Dig In! Help restore dune habitat, 9:30 a.m. Jan. 14 (556-8642).

*Hike the Comeback Trail: See restoration of dunes which once prevailed in San Francisco in a three mile hike, 10 a.m. Jan. 28 (556-8642).

*Who Was Fearless Freddie? Learn about Fort Funston during its army days, 11 a.m. Jan. 6 (556-8642).

*Winter Dig: Restore habitat of threatened bank swallow, 9:30 a.m. Jan. 6 (556-8642).

FORT POINT

*Candlelight Tour: 8:30 p.m. Jan. 6, 20 (581-4313).

*Picture This! Photography instruction for youth age 8 and up, 10 a.m. Jan. 27 (556-1893).

*The Stuff Forts are Made of: Explore

Fort Point, 10 a.m. Jan. 21 (556-1693).

OCEAN BEACH

*Adopt-a-Beach Clean-up Day: Bring friends and family to help clean Ocean Beach, 10:30 a.m. Jan. 27 (556-8642).

PRESIDIO

*Architecture and Cultural Landscape: 1 p.m. Jan. 13 (581-4323).

*Back to the Future: Walking tour of the Presidio, 10 a.m. Jan. 20, 27; 2 p.m. Jan. 6, 14, 28 (581-4323).

*Cemetery Walk: 2 p.m. Jan. 9, 21, 23, 29 (581-4323).

*Don't Need No 609: Explore Crissy Field and its role in early aviation history, 10 a.m. Jan. 13 (581-4323).

*Invasion Discussion: See how Golden Gate was guarded for 100 years, 10 a.m. Jan. 28 (581-4323).

*The Last Gun: Demonstration of the last operational gun of its kind, 10 a.m. Jan. 8, 7 (581-4323).

*Lovers' Lane Historic Trail: Presidio history in two mile hike, 3:30 p.m. Jan. 12

(581-4323).

*Mountain Lake to Fort Point Hike: Retrace three miles of Anza's 1776 route, 10 a.m. Jan. 13 (581-4323).

*Nature Past: California's early explorers in the natural world, 1 p.m. Jan. 21 (581-4323).

*On Shaky Ground: See how Presidio played crucial role during earthquake relief efforts in 1906, 3 p.m. Jan. 28 (581-4323).

*Pedaling the Presidio: Bike ride through the Presidio, 10 a.m. Jan. 14, 20 (581-4323).

*Streets of the Presidio: Learn how they were named, 1 p.m. Jan. 20 (581-4323).

*A Walk on the Wild Side: Learn about plants, animals and geology, 1 p.m. Jan. 8 (581-4323).

*Women of the Presidio: Learn their stories during one-mile hike, 1 p.m. Jan. 7, 21 (581-4323).

SUTRO HEIGHTS

*Sutro Heights Stroll: Meet at 48th and PL Lobos Aves. 11 a.m. Jan. 20.



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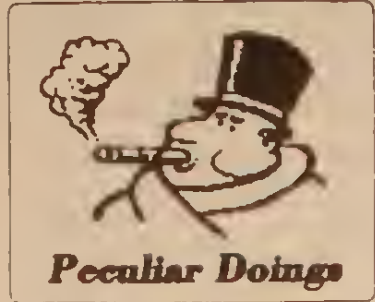
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While you're pondering those New Year's resolutions:

*Consider the Elvis fans turning over the theft of a pagoda-shaped mailbox from the house Priscilla and he were staying at during their 1967 honeymoon. Up to 400 sneekers has been offered for the stolen box, but still there's no return to sender.

*Speaking of entertainment, how about that dentist in Baltimore who's been getting new clients by singing to them while they're getting worked on in the chair. Toothy tunes for an audience already prone to pain.

*In other oral flashes, doctors finally found the cause of a 14 year-old Tracy girl's lifelong coughing spasms and bad breath. A swallowed pine needle off a Christmas tree as a toddler had lodged in her right lung. No, the diagnosis wasn't performed by the wood doctor.

Arthritis Counselor Training Available

Arthritis Foundation, Northern California Chapter is offering three days of training for those interested in becoming an Arthritis Self-Help Course Leader volunteer. Training will be held January 25, 26 and February 2 at Stanford University in Palo Alto. Deadline to register is January 11,

Free Legal Assistance

If you have a problem that may require an attorney, you can visit a tree Legal Advice and Referral Clinic on Saturday, January 13, 10:30 a.m. to 12 noon at Hastings College of the Law, 198 McAllister St. You will receive a private consultation with an attorney who will determine if you have a legal problem. If you need further legal assistance, you

*Neither was that of the microscopic creature reportedly living in mouths of lobsters, a discovery Danish zoologists couldn't seem to classify. But now we know what causes lobster breath.

*How 'bout that British amateur astronomer who went through the trouble of discovering that teeny planet 400 million miles away with a telescope hooked up to his toolshed, only to have his wife comment, "That's nice, dear." Pia in the sky.

*As is the unfortunate demise of that pilot in an exploded plane, the same guy who had unsuccessful attempted to bomb a Kansas town's main street with a roll of toilet paper, eventually earning himself 60 days in the outhouse.

*Not quite as bad as the 30,000 starlings that bombarded that Missouri town with droppings. So the townsfolk were stepping around in sticky goo saying their community was going to the birds.

*Meanwhile, about 1,400 pigeons hanging around a Dutch town made local compelled local officials to trap and send the pesky birds to France to be made into - some kind of a ritzy spread. Animal activists are still complaining, but the French say no dee-far-uncle.

*And if that's not enough, the U.S. Department of Agriculture went on a

1996. Volunteers will be trained to give people with arthritis knowledge and self-management skills needed to take a more active part in their arthritis care in a program designed to complement, not replace, professional health care services. Training will cover such topics as exercise, relaxation, pain control, medication and nutrition. Those interested should contact Serra Cox at (800) 464-6240.

will also receive a referral from the attorney to an appropriate agency. Most areas of law, including family, landlord/tenant, business, consumer, wills, personal injury and employment will be covered at the clinic.

Held one Saturday each month as a free service of the Volunteer Legal Services Program of the Bar Association of San Francisco, the clinic is not a service of Hastings Law School. Call 764-1616 for more information.

recent binge blasting away the deer jumping high fences and running around on the runways of the Philadelphia International Airport. Planes were hitting running deer, and that was a little meaner, but now there's no fear and charities got the venison.

*And Harvard University says guys who eat a lot of pizza are less likely to develop prostate cancer. Ha, Ha! Stuff that in your crust!

*Great reading in that new book, America's Dumbest Criminals, with guys serving 90-day jail sentences breaking out on the 89th day and the guy who let a convenience store clerk make one phone call - and suddenly got arrested by police. Crime doesn't pay, but stupidity is worse!

*So now cops in Arkansas pose as hitchhikers to ticket unsuspecting motorists. Howdy Mr. President. Here's your ticket.

*While were on uneducated matters, a national survey found that less than one percent of the nation's population doesn't know the rules pertaining to pedestrians. Go to New York. They'll teach ya.

*And researchers, finding that about 25,000 kids a year are injured in shopping cart accidents, are calling for their immediate banishment. Makes sense! While we're at it, let's get rid of all those horrible things they call automobiles that seem to be killing hundreds of thousands of innocent people each year.

*Since were going back to the Stone Age, doctors down in Florida did a CAT scan on a 80 million year-old Argentine dinosaur egg and found it one contained life. Hope there were no mosquitos around.

*Not in the dark are all those laid-off workers in that Siberian town who collectively got paid with 5,000 boxes of matches. Firesticks there are as good as gold. Light that one up!

*So now we hear the Russian navy is running a post-Cold War fantasy camp thing, charging buffs big bucks to shoot missiles, ride tanks and eat horrible food in their canteen. Even torture has its price.

*And finally, we have a bit of compassion from that Judge in South Carolina who had ordered an unruly teenage girl shackled to her mother for a month. Seems now they can use a nylon strap, and dad can join in on the fun. So is this the family that stays together, or just another case of: Oh, what a tangled web we weave?

New Research Reaffirms Safety of MSG

An independent review of scientific research has reaffirmed the safety of monosodium glutamate (MSG) for the general population.

The Food and Drug Administration (FDA) commissioned the review as part of its ongoing safety evaluations of Generally Recognized as Safe (GRAS) food ingredients. MSG was also found safe in FDA-sponsored reviews conducted in 1978 and 1980.

The Federation of American Societies for Experimental Biology (FASEB) conducted the latest review, which examined the results of nearly 600 studies of MSG. According to law, GRAS status may be determined only by qualified experts with scientific training and experience to evaluate the safety of substances directly or indirectly added to food. MSG has been on FDA's list of GRAS ingredients since 1958.

"This review clearly emphasizes that MSG is safe for both adults and children," said Daryl Altman, M.D., a food allergist in Hewlett, N.Y. "MSG has been extensively researched over many years, and nothing in this current review led FASEB to believe it was anything but safe."

MSG is the sodium salt of glutamic acid, commonly referred to as glutamate. An amino acid, glutamate is one of the most abundant and important components of proteins. Virtually every protein-containing food contains glutamate, including meat, fish, milk and many vegetables. Glutamate is also produced by the human body and is an essential part of the human metabolism.

The flavor enhancer MSG is produced by a natural fermentation of starch, corn sugar or molasses from sugar cane or sugar beets. It only enhances flavors when it appears in its "free" form, not bound together with other amino acids in a protein. Free glutamate levels in foods vary greatly, but are especially high in tomatoes, peas and parmesan cheese.

SENSITIVITY TO MSG

The FASEB panel found no link between the consumption of normal levels of MSG and any adverse reactions. The average person consumes about 10 grams of bound glutamate daily from meals. The added intake of MSG from processed foods is less than one gram per day.

The report also states that some presumably healthy individuals may be sensitive to MSG when more than three grams of MSG are consumed in a single dose or meal on an empty stomach. Such symptoms usually develop within one hour of exposure and are mild and temporary, according to FASEB experts.

"Adverse reactions to MSG are difficult to study given their transient nature," said Steve Taylor, Ph.D., professor of food science and technology at the University of Nebraska. "In more than 500 challenges of individuals who thought that they were sensitive to MSG, none experienced reactions that could be clearly linked to MSG. Some study participants who believed they reacted to MSG developed the same reactions when administered placebos."

Since the body does not distinguish between added glutamate in food and naturally occurring free glutamate, one can not have a reaction just to added MSG.

"It's important to realize," added Taylor, "that the FASEB reviewers found no evidence to suggest any long-term, serious health consequences from consuming MSG."

ADDITIONAL RESEARCH

The FASEB report calls for continued research on whether high consumption of MSG may affect a small proportion of the general population with medical problems, such as severe asthma.

One study in Australia suggested that MSG exacerbates asthma, though such findings have not yet been confirmed in clinical studies of asthmatics at the National Institutes of Health, Beth Israel Hospital or the Scripps Clinic.

"For 15 years, we have evaluated asthmatic patients for MSG sensitivity and have not found any reactions to challenges with MSG in double-blind, placebo-controlled tests," said Ronald A. Simon, M.D., head of the Division of Allergy, Asthma and Immunology, Scripps Clinic and Research Foundation.

Additional studies on potential adverse reactions are now being conducted at Harvard University, Northwestern University and the University of California at Los Angeles, among other institutions.

The 1995 FASEB report joins independent reviews by the World Health Organization, the American Medical Association, the Institute of Food Technologists and the Scientific Committee of the European Community, which all concluded that MSG is safe for the general public.

"If you believe you're sensitive to MSG, see an allergist and be tested," said Altman. "It's clear from the research that people who believe they are having a reaction to MSG are really having a problem with some other food or some other medical condition."

International Food Information Council

TO LABEL OR NOT TO LABEL...

Under current federal regulations, MSG must be identified on the ingredient label of any food to which it has been added. When glutamate is a natural component of foods, such as tomatoes or peas, or part of other ingredients, such as autolyzed yeast or soy sauce, MSG is not required to be listed separately on the food label.

FDA intends to propose changing the regulations to indicate the glutamate content on the ingredient label of foods when their glutamate levels reach a threshold amount. The agency has not yet specified the intended threshold level to trigger labeling.

But some scientists say the anticipated labeling regulations are unjustified. "It doesn't make sense to label a substance that occurs naturally throughout the food supply," said Steve Taylor, Ph.D., the University of Nebraska's top food scientist.

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Historic Proportions

- Match clues to their answers.
1. During surgery on December 3, one of these was transplanted for the first time.
 2. On November 9, this popular bi-weekly was first issued.
 3. Record of the Year at the Grammys.
 4. And they were singing All You Need is Love.
 5. Best Picture at the Academy Awards.
 6. But this movie was the top money-maker.
 7. Starting September 14, he began wheeling around the streets of S.F.
 8. Following a successful sitcom, they began hosting a popular, but controversial variety show.
 9. On June 16-18, a landmark event in the history of popular music.
 10. This soft drink first made its big splash.
 11. The very first Super Bowl winners on January 15.
 12. Veteran actor Jesse White began sitting around in boredom as this spokesperson.
 13. They won the World Series.
 14. Place where young people flocked during the Summer of Love.
 15. On January 27, a fire accidentally kills the crew of this spacecraft.
 16. Host city for Expo 67.
 17. First use of this automotive feature.
 18. And first appearance of these young people.

- A. Haight-Ashbury
B. Up-Up and Away
C. Smothers Brothers
D. Hippies
E. Green Bay Packers
F. Montreal
G. Rolling Stone
H. Fresca
I. Monterey Pop Festival
J. Maytag repairman
K. St. Louis Cardinals
L. The Dirty Dozen
M. Human heart
N. Apollo 1
O. A Man for All Seasons
P. Washer-wiper
Q. Ironside
R. The Beatles

13-K: 14-A: 15-F: 16-G: 17-P: 18-R: 19-L: 20-M: 21-N: 22-O: 23-I: 24-J: 25-H: 26-B: 27-C: 28-D: 29-E: 30-S: 31-T: 32-U: 33-V: 34-W: 35-X: 36-Y: 37-Z: 38-AA: 39-AB: 40-AC: 41-AD: 42-AE: 43-AF: 44-AG: 45-AH: 46-AI: 47-AJ: 48-AK: 49-AL: 50-AM: 51-AN: 52-AO: 53-AP: 54-AQ: 55-AR: 56-AS: 57-AT: 58-AU: 59-AV: 60-AW: 61-AX: 62-AY: 63-AZ: 64-BA: 65-BB: 66-BC: 67-BD: 68-BE: 69-BF: 70-BG: 71-BH: 72-BI: 73-BJ: 74-BK: 75-BL: 76-BM: 77-BN: 78-BO: 79-BP: 80-BQ: 81-BR: 82-BS: 83-BT: 84-BU: 85-BV: 86-BW: 87-BX: 88-BY: 89-BZ: 90-CA: 91-CB: 92-CC: 93-CD: 94-CE: 95-CF: 96-CG: 97-CH: 98-CI: 99-CJ: 100-CK: 101-CL: 102-CM: 103-CN: 104-CO: 105-CP: 106-CQ: 107-CR: 108-CS: 109-CT: 110-CU: 111-CV: 112-CW: 113-CX: 114-CY: 115-CZ: 116-DA: 117-DB: 118-DC: 119-DD: 120-DE: 121-DF: 122-DG: 123-DH: 124-DI: 125-DJ: 126-DK: 127-DM: 128-DN: 129-DO: 130-DP: 131-DQ: 132-DR: 133-DS: 134-DT: 135-DU: 136-DV: 137-DW: 138-DX: 139-DY: 140-DZ: 141-EA: 142-EB: 143-EC: 144-ED: 145-EE: 146-EF: 147-EG: 148-EH: 149-EI: 150-EJ: 151-EK: 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652-YE: 653-YF: 654-YG: 655-YH: 656-YI: 657-YJ: 658-YK: 659-YL: 660-YM: 661-YN: 662-YO: 663-YP: 664-YQ: 665-YR: 666-YS: 667-YT: 668-YU: 669-YV: 670-YW: 671-YX: 672-YY: 673-YZ: 674-ZA: 675-ZB: 676-ZC: 677-ZD: 678-ZE: 679-ZF: 680-ZG: 681-ZH: 682-ZI: 683-ZJ: 684-ZK: 685-ZL: 686-ZM: 687-ZN: 688-ZO: 689-ZP: 690-ZQ: 691-ZR: 692-ZS: 693-ZT: 694-ZU: 695-ZV: 696-ZW: 697-ZX: 698-ZY: 699-ZZ: 700-00: 701-01: 702-02: 703-03: 704-04: 705-05: 706-06: 707-07: 708-08: 709-09: 710-10: 711-11: 712-12: 713-13: 714-14: 715-15: 716-16: 717-17: 718-18: 719-19: 720-20: 721-21: 722-22: 723-23: 724-24: 725-25: 726-26: 727-27: 728-28: 729-29: 730-30: 731-31: 732-32: 733-33: 734-34: 735-35: 736-36: 737-37: 738-38: 739-39: 740-40: 741-41: 742-42: 743-43: 744-44: 745-45: 746-46: 747-47: 748-48: 749-49: 750-50: 751-51: 752-52: 753-53: 754-54: 755-55: 756-56: 757-57: 758-58: 759-59: 760-60: 761-61: 762-62: 763-63: 764-64: 765-65: 766-66: 767-67: 768-68: 769-69: 770-70: 771-71: 772-72: 773-73: 774-74: 775-75: 776-76: 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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEADLINE JANUARY 22 FOR FEBRUARY	1 New Year's Day	2 12:50pm VVCC Senior Bingo	3	4 11:00am VVCC Senior Contact Meeting 7:00pm ROSES meeting	5 12:00pm VVCC Seniors - Painting Classes	6
7 1:00pm VVCC Bingo	8 11:30am VVCC Seniors Shopping Day	9 12:50pm VVCC Senior Bingo 4:00pm VVCC Board Meeting 4:30pm Steady State Tenants Meet 7:00pm El Dorado N.B.C. Meeting	10 6:00pm Executive Park Adm. Committee	11	12 12:00pm VVCC Seniors - Painting Classes	13
14 1:00pm VVCC Bingo	15 11:30am VVCC Seniors Shopping Day Martin Luther King, Jr.	16 12:50pm VVCC Senior Bingo	17	18	19 12:00pm VVCC Seniors - Painting Classes	20 10:00am Friends of Molokini Park
21 1:00pm VVCC Bingo	22 11:30am VVCC Seniors Shopping Day	23 12:50pm VVCC Senior Bingo	24	25 9:00am USDA Surplus Food Distribution Day at VVCC	26 12:00pm VVCC Seniors - Painting Classes	27 10:00am Vis-Valley Task Force at 240 Leland
28 1:00pm VVCC Bingo	29 11:30am VVCC Seniors Shopping Day	30 12:50pm VVCC Senior Bingo	31	City Meetings: Aging-1st Wed 9:30 am; Airport-1st & 3rd Tu 3 pm; Arts-1st Mon 3 pm; Education-2nd/4th Tu 7 pm; Health-1st/3rd Tu 3 pm; Housing Authority-2nd/4th Th 4 pm; Human Rights-1st/3rd Th 4:30 pm; Library-1st Tu 5:30 pm; Planning-Th 1:30 pm; Police-Wed 6:30 pm; Port-1st Tu/3rd Wed 4:30 pm; Public Utilities-2nd/4th Tu 2 pm; Rec & Park-3rd Th 2 pm; Social Services-4th Th 9:30 am; Status of Women-4th Th 4pm; Supervisors-Mon 2 pm.		

Telecourses Available From City College

With the slogan: Turn your living room into a learning room, S.F. City College is now offering Telecourses, college courses that can be taken at home for college credit. Instead of attending the campus two or three times a week, lessons can be viewed on TV at home, videotaped and watched at a convenient time, and reviewed as often as desired. Cost of Telecourses is \$13 a unit.

Telecourse students come to City

College three times during the semester for an orientation, mid-term and final exams. Some courses also offer optional review sessions prior to mid-term and final exams.

Telecourses for the Spring 1996 semester include: Art of the Western World; Business and The Law; Chemistry for Nonscientists; Cosmic Evolution; Modern Pacific Asia: An Introduction; Joseph Campbell: Transformation of Myth Through Time; French 1A: Elementary French; French 1B: Elementary French; Living with Health; The Americas: A History of Latin America; The Africans: African History; and

General Psychology.

All course award college credit counting towards an AA degree conferred by S.F. City College. In addition, many of these courses are transferable to a four year university.

Instruction can be viewed on Cable Channel 52 in San Francisco (San Francisco's Educational Access cable channel) and each lesson is shown two times. Copies of the programs are also kept at the Phelan campus of City College's Media Center for the convenience of students who may miss a televised showing. Lessons can also be rented for the semester.

For information about registration, call 452-5006 and ask to be connected to the Admissions Office. For further information about Telecourses or to request a brochure, contact Telecourses at 239-3885.

WHO TO CALL...

*Emergency (life threatening) 9-1-1
*Non-emergency Dispatch 553-0123
*Parking Complaints 553-1200
*Abandoned Cars 781-JUNK
*Security Survey/ 673-SAFE
Neighborhood Watch
*Narcotics Tips (anon) 800-CRACKIT
*Landlord/Tenant Disputes 554-9550
*Community Boards 863-6100
*Domestic Violence 864-4722
*Suicide Prevention 221-1423
*Stray, Abused Animals 554-6364
*Dumped Items (DPW) 695-2017
*Graffiti Cleanup (DPW) 241-WASH

S.F. SPCA now has its own home page on the World Wide Web (<http://www.sfspca.org>). Visitors who log on can inspect pictures and descriptions of cats and dogs currently available for adoption from the SF/SPCA shelter while learning of the organization's many award winning programs and services.

"We have all these great programs, many of them free, and this is a wonderful way to get the word out to the people who really need them," said SF/SPCA President Richard Avanzino.

"With this new technology, someone in Paris or Tokyo can find out about us just as easily as someone living across the street. In special cases, we'll even do an adoption over the Internet and ship the cat or dog free of charge to an owner in another state."

Created by noted graphic designer Leslie Zemenek, the SF/SPCA home page features attractive graphics and links to all the Society's services.

Including:

*The Open Door Program, which offers free advice, counseling and "how to" information to tenants and landlords interested in opening up their rental housing to responsible pet owners.

*Dial-a-Cat, which aids people with mobility problems by bringing a few tables to their house so they can make the adoption decision on their home turf.

*The Side Service, which finds loving new homes for the pets of deceased SF/SPCA members.

There are also links to the Society's constantly updated calendar of upcoming events and the SF/SPCA's Virtual Gift Shop where pet fanciers can purchase posters and instructional videos.

SF/SPCA is also encouraging animal lovers all over the world to communicate their ideas at its e-mail address: publicinfo@sfsPCA.org

SF/SPCA in January

Following are events held this month at the San Francisco SPCA Education Center, 243 Alabama St.

ANIMAL CPR

Cynthia Heller, DVM, will conduct a one-day intensive course on emergency first aid for dogs and cats on Saturday, January 20 from 2 to 6 p.m. Topics will include CPR (cardio-pulmonary resuscitation), broken bones, shock and chemical injuries. Registration is limited to 25 participants. Call 554-3050.

WHY DOES KITTY DO THAT?

Feline behaviorist Kate Gamble, who has helped thousands of cat owners to solve common, but annoying cat behavior problems, will conduct a cat behavior class on Saturday, January 20 from 11 a.m. to 2 p.m. If your cat avoids the litterbox or scratches the couch, call 665-5559 for registration information.

PET LOSS SUPPORT GROUP

Dr. Betty Carmack will moderate a free pet loss support group for grieving pet owners on Tuesday, January 2 from 7:30 to 9 p.m. Call 554-3050 for reservations.

Any bereaved pet owner can also phone the SF/SPCA to request *Losing a Best Friend*, a free booklet of comforting essays on pet loss.

GRAPEVINE ADVERTISING
DISPLAY: Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page \$15.
WANT-ADS (Private Party): 20 words for \$1. Extra line 50 cents. Mail ad and payment by 20th of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

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- * Sliding scale prices with special deals for all community groups
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* Video to computer transfers



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The Rev. Dr. Jerry O. Resus, Minister

Church School Classes - 9:15 a.m.
Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK

BINGO AT VVCC

66 Raymond Ave. (at Bayshore)
San Francisco

Sunday Afternoons at 1 p.m.
Doors Open at 11:30 a.m.

BIG PAYOUTS EACH GAME

2 Pad Minimum: \$13
3 for \$15, 4 for \$20



Fats and Fat Replacers:**Exploring the Benefits of Balance**

"Low-fat" and "fat-free" have become the nutritional buzzwords of the '90s. According to the Food Marketing Institute's (FMI) 1995 Trends survey, dietary fats have topped the list of consumers' nutritional concerns for the last six years.

Yet, as the FMI survey also documents, consumers rate taste as the number one factor influencing their food choices - outranking nutrition, price, product safety and other variables. No doubt, the fat content of many foods contributes to the rich and satisfying taste we've come to enjoy.

Is it possible to overcome this paradox by marrying our desires for flavor with healthful food choices? In late September, the International Food Information Council (IFIC) convened more than 80 nutritionists, health professionals, food scientists, government officials and journalists in New York to exchange different perspectives on this issue. The roundtable, "Fats and Fat Replacers: The Benefits of Balance," examined cutting-edge research on fats and fat replacers and the wide array of food choices now available to help consumers achieve a healthful diet.

FAT FRENZY

According to some roundtable experts, the high level of public awareness about the need to reduce dietary fat has driven some people to extremes. Some diet-conscious consumers feel guilty whenever they eat fat-rich foods. Others mistakenly believe that if reducing dietary fat is good, then total elimination is better.

The human preference for dietary fat was inherited originally from our ancestors who survived as hunter-gatherers, according to Jules Hirsch, M.D., obesity researcher and physician-in-chief at the Rockefeller University.

"When plant foods were unavailable, our ancestors relied on their adipose tissue or fat storage to get them through long periods of starvation," said Hirsch. "They naturally began seeking higher-fat foods in their drive for basic survival, as fats contain more than twice the number of calories as carbohydrates."

Since these early times, human dietary fat intakes have clearly evolved.

In the last century alone, people in industrialized nations have experienced a marked increase in dietary fat consumption, which is linked to increased incidence of heart disease, obesity and many other illnesses.

To reduce these disease risks, Hirsch called for controlling intakes of total calories. "Otherwise," he said, "the body will continue storing the same amount of fat since individuals will lower dietary fat intake but consume sufficient carbohydrates to convert it to fat."

To improve health and longevity, experts recommend the timeless dietary axiom: balance.

"For years, nutritionists have preached the message of balance, variety and moderation ... as have our grandmothers and their grandmothers' grandmothers," said Penny Kris-Etherton, Ph.D., R.D., professor of nutrition at Pennsylvania State University. "This message is still as relevant today as it was some 100 years ago."

A fat researcher, Kris-Etherton explained that foods may contain different types of fats, and all fats are comprised of different mixtures of individual fatty acids. Thus, the types of amounts of fats, in addition to the total calories, protein and carbohydrates consumed, have a significant impact on overall health.

The American Heart Association and other medical authorities recommend consuming no more than 30 percent of calories from fats, with 10 percent or fewer calories from saturated fatty acids. Saturated fatty acids significantly raise blood cholesterol levels, a major risk factor for heart disease.

THE BIG PICTURE

For now, Kris-Etherton advised against micro-managing intakes of other specific fatty acids. "Years of research were needed to confirm the impact of saturated fatty acids on health, especially in relation to cardiovascular and other diseases," said Kris-Etherton. "Since data are limited, we must conduct further investigations before recommending specific amounts of other individual fatty acids in the diet."

Too much attention on a single fatty

acid can create the impression of a "magic bullet" and dilute the importance of managing total fat intake and balancing a variety of food choices.

"Sometimes we tend to lose sight of the importance of balance, variety and moderation and focus too narrowly and too intensively on what may be a hot topic at the time," said Kris-Etherton.

As one example, she described a simulation of the predicted effects on blood cholesterol levels of switching from butter to margarine. When a diet with 38 percent of calories from fat with butter is modified to provide 34 percent of calories from fat with butter, there is a mild reduction in blood cholesterol levels, as expected.

When switching from butter to margarine in a diet with 34 percent of calories from fat, blood cholesterol levels decrease further. Similar decreases are noted when soft margarine is introduced. When fat is reduced to 30 percent of total calories, even greater predicted decreases in blood cholesterol levels are expected.

This simulation illustrates the need to balance food choices and to focus on total fat and saturated fat in the diet, as recommended by health authorities.

"In switching from butter to margarine, we're decreasing the level of saturates in the diet, which have most predominant effects on blood cholesterol levels, and increasing the level of unsaturates," said Kris-Etherton. "Keeping track of overall eating habits, not single foods, is most beneficial to long-term health."

EXPANDING OPTIONS

To achieve the fat reduction goals set by health authorities, most Americans still have a way to go. On average, U.S. consumers obtain between 12 and 14 percent of their total fat calories from saturated fats, about 14 percent from monounsaturated fats and about seven in 10 percent from polyunsaturated fats.

To help consumers reduce their dietary fat, a variety of reduced-fat and fat-free foods have been developed. To replace the many qualities and functions of fat and food has required much research and careful blending of ingredients.

According to Dennis Gordon, Ph.D., professor and chairman of the Central Science Department at North Dakota State University, some ingredients used to replace fat are actually made

from fat, but are either partially absorbed or not absorbed at all. Therefore, they act like fat but contribute fewer calories and less fat. In some cases, they contribute neither calories nor fat. Other fat replacers are made from carbohydrates and proteins and are designed to mimic the taste and texture of fat.

"These products function the same way as traditional fats, but with less fat and fewer calories," explained Gordon.

CONSUMER REACTION

How have consumers used these reduced-fat, low-fat and fat-free foods?

"One way we can look at the dietary impact of fat-reduction ingredients is to use databases of dietary records [reported intakes of all foods and beverages a person consumes]," said Barbara Rolls, Ph.D., professor of nutrition at Pennsylvania State University. "We can then substitute a reduced-fat product for a typical high-fat product and determine what the impact would be on the diet."

However, to more realistically examine how people use lower-fat foods, consumer studies have been conducted using those foods. Such investigations show that when lower-fat foods are substituted for higher-fat foods, the percentage of total calories from fat is reduced. This outcome, according to roundtable experts, is the biggest benefit of using fat replacers.

Investigators also have examined whether people's knowledge about the foods they are consuming influences the quantity or composition of foods they subsequently consume. In one study, women were given a first course of yogurt prior to their lunch. The two yogurts had the same number of calories, but one was labeled "low-fat" and the other was labeled "high-fat." Rolls found that the women ate more at lunch following the yogurt labeled "low-fat" than the yogurt labeled "high-fat."

In another study, the researchers looked at consumption of full-fat and fat-free potato chips over a 10-day period. Half of the people in the study were given nutritional information about the potato chips and the other half were not.

"We found that most of the people ate similar amounts of both kinds of potato chips regardless of whether they were given information on their fat content or not," said Rolls. "However, when the fat-free potato chips were substituted for the regular chips,

all of the people reduced their intake of fat and calories."

Although further research on the use of fat replacers is still needed, substituting low-fat for full-fat versions of foods is one of the easiest ways to improve dietary adherence. "The reduced-fat and fat-free products give people more options when they're trying to decrease their dietary fat intake," explained Rolls.

For all the choices and potential health benefits these new products can provide, consumers must still keep the big picture in mind. It is important to consume all foods - including fat-modified products - in moderation and as part of a healthful diet. All roundtable experts concurred that monitoring dietary fat and calories is key.

WHIPPING UP THE FUTURE

When it comes to the all-important consumer variable - taste - how do the new fat-modified foods measure up?

To provide roundtable participants an idea of the range of tastes, textures and appearances of full-fat, reduced-fat and replaced-fat products, Chef Robert Briggs and Catharine Powers, M.S., R.D., both of the Culinary Institute of America, prepared various versions of a cappuccino bavarian dessert.

The culinary experts demonstrated how low-fat yogurts and cheeses can be substituted for full-fat dairy products, and how fat-replacers can convey flavors and textures similar to their full-fat counterparts.

"Different fats have different properties and functions," said Powers. "It's very important to understand that fats and oils cannot always be interchanged and substituted."

Disseminating information about fats and various reduced-fat options and teaching consumers how to modify existing recipes remains a challenge, especially since scientific knowledge and product research are evolving at such a rapid pace.

Still, as Kris-Etherton noted, "This is a very exciting time for research on fatty acids and fat replacers. New products will continue to be brought to the marketplace, with the potential to broaden consumer choice and improve health."

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